



HEALTHY AGING



Employee Assistance Program
We care, just call.

1-800-222-0364

1-888-262-7848 TTY Users
www.FOH4YOU.com

Living the Good Life

Being healthy makes life better, no matter your age. Exercising, eating right and being emotionally happy influences how long you live and the quality of those years. Develop a healthy lifestyle that works for you and don't forget to eat five servings of fruits and vegetables—it really matters!

Access your program to get practical health and wellness information for the whole family.

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Living Healthy Working Well®

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